



Junior Lifeguard Program 2005

Monday-Friday, June 27-August 12, 10:30am-2pm at the Cabrillo Bathhouse, East Beach

Program Purpose

Enjoy a world famous, nationally affiliated and disciplined training program of swimming, running, competition, and education. This very popular program includes strenuous daily workouts, water safety, first aid, surf lifesaving, marine education, lifeguard competitions and more. Physical fitness and development are balanced with self-esteem, camaraderie and fun.

Swim Test Requirements

Saturday, May 14, 2pm

Los Baños Pool, 401 Shoreline Dr.

To qualify for the Junior Lifeguard program, all new participants must pass a non-competitive, three-part swim test which includes:

1. 100-Meter swim in 2:20 or less, with a satisfactory swim stroke.
2. 4 minutes of treading water.
3. 15-yard underwater swim.

Testing will be conducted on Saturday May 14th at 2pm. A make-up test will be offered June 11th at 2pm.

New Recruit Training Week June 20-24 from 10am-12noon

All first time participants are encouraged to attend this special training week, which is designed to familiarize participants with program equipment, beach skills and program protocol.

Junior Lifeguard Swim Lessons

Swim instruction is designed to prepare your child to pass the Junior Guard swim test and participate in one of the most physically demanding and rewarding programs in Santa Barbara—or just shake off that winter rust. Saturday lessons will focus on stroke efficiency and swimming technique; Wednesday evenings are set aside for practice. Where: Los Baños Pool, 401 Shoreline Drive

Code	Day	Time	Dates	Fee/RDC fee
5845	Sat	2-2:45pm	4/23-6/1	\$56/\$46
	Wed	7:15-8:15pm		

* No Class on 5/28

Program Requirements

Each participant is required to wear a uniform daily. The City will provide one Junior Lifeguard long-sleeve T-shirt. Girls provide a red, athletic bathing suit, red lifeguard shorts and program hat. Boys provide red lifeguard shorts (minimum one-inch above the knee) and program hat. Extra T-shirts, hats and sweatshirts are available by special order before the program begins.

Swim suits and shorts can be purchased at any local sporting goods store; however, we have had great success using Channel Islands Surfboards for shorts, and trunks.

- Channel Islands Surfboard, 36 Anacapa Street (20% discount on trunks if you mention you are a S.B Jr. Guard)

Important Dates

July 6th	Boat Trip to Catalina Island (spaces assigned using a lottery system)
July 13th	Boat Trip to Catalina Island (spaces assigned using a lottery system)
July 15th	Carpinteria Competition
July 20th	Movie Night
July 22nd	Jr. Guard Regionals at Long Beach
July 29th	Fiesta Competition at East Beach
August 1st	Rincon Surf Day for all groups
August 5th	Ventura Competition
August 13th	Season Finale Banquet Chase Palm Park meadows

Questions or Concerns?

Contact Rich Hanna
Aquatics Recreation Supervisor
Parks & Recreation
897-2680 or rhanna@SantaBarbaraCa.gov



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